

Statistics Report 02042, Spices, thyme, dried

Report Date:October 27, 2015 06:40 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	7.79	--	0.379	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Energy	kcal	276	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Energy	kJ	1156	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Protein	g	9.11	--	1.857	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Total lipid (fat)	g	7.43	--	0.483	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Ash	g	11.74	--	0.372	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Carbohydrate, by difference	g	63.94	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Fiber, total dietary	g	37.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Sugars, total	g	1.71	--	--	--	--	--	--	--	--	Calculated or imputed	02003	02/2003
Minerals													
Calcium, Ca	mg	1890	--	196.495	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	123.60	--	16.055	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Magnesium, Mg	mg	220	--	56.952	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Phosphorus, P	mg	201	--	30.728	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Potassium, K	mg	814	--	47.332	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Sodium, Na	mg	55	--	12.461	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Zinc, Zn	mg	6.18	--	0.684	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Copper, Cu	mg	0.860	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Manganese, Mn	mg	7.867	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Selenium, Se	µg	4.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1998
Vitamins													
Vitamin C, total ascorbic acid	mg	50.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985

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Thiamin	mg	0.513	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Riboflavin	mg	0.399	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Niacin	mg	4.940	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Vitamin B-6 1	mg	0.550	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002
Folate, total	µg	274	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	274	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Folate, DFE	µg	274	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Choline, total	mg	43.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	190	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	2264	--	--	--	--	--	--	--	--	Calculated or imputed	02044	02/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	02044	02/2003
Cryptoxanthin, beta	µg	33	--	--	--	--	--	--	--	--	Calculated or imputed	02044	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, IU	IU	3800	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	02027	04/2003
Lutein + zeaxanthin	µg	1895	--	--	--	--	--	--	--	--	Calculated or imputed	02027	06/2009
Vitamin E (alpha-tocopherol)	mg	7.48	--	--	--	--	--	--	--	--	Calculated or imputed	02003	02/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	1714.5	--	--	--	--	--	--	--	--	Calculated or imputed	02003	02/2003
Lipids													
Fatty acids, total saturated	g	2.730	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.240	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
10:0	g	0.120	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0	g	0.230	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
14:0	g	0.150	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
16:0	g	1.720	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
18:0	g	0.280	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Fatty acids, total monounsaturated	g	0.470	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
18:1 undifferentiated	g	0.470	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	1.190	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated	g	0.500	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
18:3 undifferentiated	g	0.690	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977
Phytosterols	mg	163	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Amino Acids													
Tryptophan	g	0.186	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine	g	0.252	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Isoleucine	g	0.468	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Leucine	g	0.430	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Lysine	g	0.207	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Valine	g	0.502	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2002

Sources of Data
¹S.W. Leonard, K. Hardin, J.E. Leklem Vitamin B-6 Content of Spices, 2001 Journal of Food Composition and Analysis 14 pp.163-167